



FACT SHEET

Sports Dietetics



Bode Miller, US Men's Alpine Team

Convenient Carbohydrate-Protein Recovery Snacks

- 12oz Yogurt and fruit smoothie
- 10-16oz low fat chocolate milk
- 1 large bowl (granola, mini wheats etc) cereal with 1 %milk or yogurt
- PBJ Sandwich
- Turkey and cheese sandwich of bread or flatbread
- Greek yogurt and fresh berries w/ museli
- 2 Light string cheese and a piece of fruit
- 3 Hard boiled eggs and banana
- Hummus and veggie pita w/ hard boiled eggs

POST WORKOUT NUTRITION

Post workout nutrition is a 2 stage process that begins immediately after a training session and continues into the meal following. Stage 1 will immediately begin the process of recovery post workout and Stage 2 will continue the process.

Combined, these two stages of post workout nutrition will help:

- Replenishing glycogen
- Decreasing muscle breakdown
- Promoting muscle protein synthesis
- Boosting immune system
- Re-hydrate

How to refuel

Stage I recovery is a low fat carbohydrate and protein rich SNACK that needs to be consumed within 30-60 minutes after finishing a training session:

- **Carbohydrate.** Eat 30-100 grams of carbohydrate to begin replenishing depleted glycogen stores and maintain a strong immune system.
- **Protein.** Eat 10-20 grams of protein to begin to repair damaged tissue.
- **Fat.** Too much fat will delay the absorption of carbohydrates and protein, so try to keep your fat intake to <3g per 100 calories.
- **Fluid.** Drinking 20-24 ounces of water and/or sports drink for every pound that you lose during training will help your body get re-hydrated.

Stage I of recovery - It is not necessary to overload during; a quick snack containing carbohydrate/protein will do the trick. The size of the snack (amount of carbs and protein) should depend on the type and intensity of the workout.

For example: Low Intensity – 10 oz chocolate milk or string cheese and fruit
Medium Intensity – fruit smoothie or bowl of cereal w/ milk or turkey sandwich
High Intensity – sandwich and chocolate milk or smoothie and boiled eggs

Stage II of recovery - Should be the meal that you have within 2-3 hours of training to continue and maximize the refueling and recovery process.

Many athletes fall into the trap of becoming reliant on sports food supplements, believing this to be the only and/or best way to meet their recovery goals. Unless you are in a rush, save the sports supplements (bars and beverages) for when you are traveling and go for real food when you can!



Contact: Head Dietitian

